



 **55%**
HEALTH SCORE

Hot and Sour Soup

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ml apple cider vinegar
- 225 g bamboo skewers drained canned
- 16 g chicken bouillon
- 1 teaspoon chili paste depending on your taste pref
- 16 g ginger fresh divided grated
- 225 g peas fresh
- 8 mushroom caps fresh sliced
- 4 cloves garlic minced

- 280 g mushrooms sliced
- 1 teaspoon sesame oil for drizzling (susan's note: i didn't need the extra
- 420 g silken tofu firm cubed
- 30 ml soya sauce gluten-free for (or tamari,)
- 940 ml water

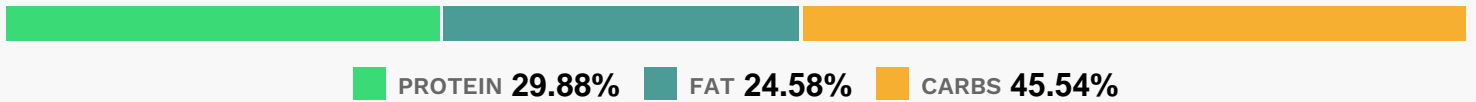
Equipment

- slow cooker

Directions

- Combine the mushrooms, bamboo, shoots, garlic, tofu, 1 tablespoon (8g) of the ginger, water, bouillon, soy sauce, sesame oil, chili paste, and vinegar in the slow cooker. Cook on low for 8 hours. A few minutes before serving, add the peas and the remaining 1 tablespoon (8g) ginger and stir to combine. Taste the broth and add more vinegar or chili if needed.
- Drizzle a few drops of sesame oil on top of each serving. If you like it milder and your friends like it hot, serve the chili paste on the side.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:3.84, Inflammation Score:-6, Nutrition Score:16.896956375112%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 162.89kcal (8.14%), Fat: 4.73g (7.27%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 13.99g (5.09%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 458.29mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.85%), Copper: 0.71mg (35.55%), Vitamin C: 25.92mg (31.42%), Vitamin B2: 0.49mg (28.83%), Vitamin B3: 5.55mg (27.73%), Manganese: 0.53mg (26.56%), Phosphorus:

248.36mg (24.84%), Vitamin B1: 0.34mg (22.85%), Fiber: 5.71g (22.83%), Potassium: 733.59mg (20.96%), Vitamin B6: 0.4mg (19.92%), Magnesium: 71.53mg (17.88%), Vitamin B5: 1.63mg (16.32%), Zinc: 2.37mg (15.8%), Iron: 2.61mg (14.49%), Selenium: 9.95µg (14.22%), Folate: 55.81µg (13.95%), Vitamin K: 14.16µg (13.48%), Vitamin A: 440.38IU (8.81%), Calcium: 69.38mg (6.94%), Vitamin E: 0.46mg (3.1%), Vitamin D: 0.25µg (1.68%)